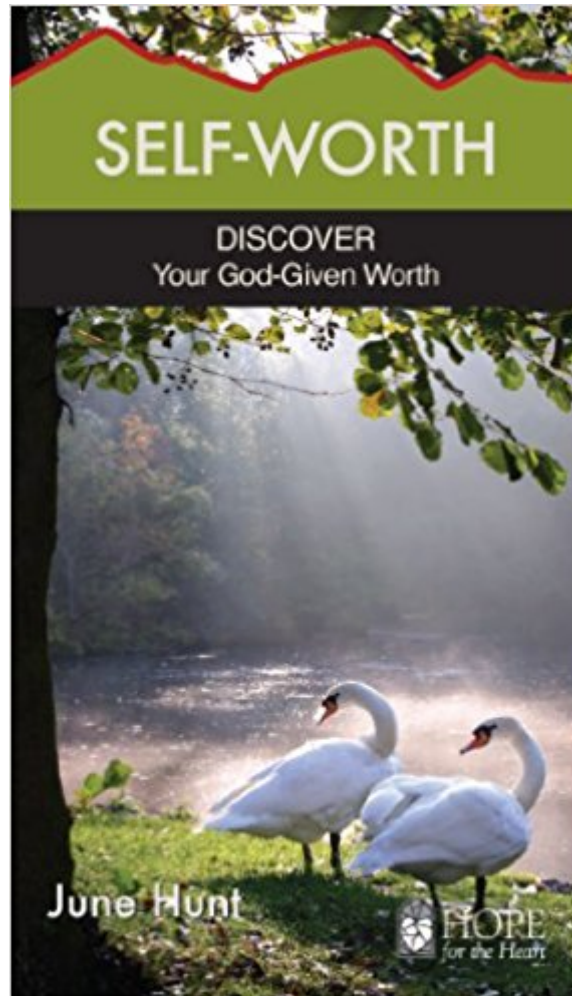


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# Self-Worth [June Hunt Hope For The Heart Series]



## Synopsis

Invisible. Insignificant. Deep down, have you always felt this way but never understood why? Generally, negative self-perceptions develop as a result of being treated in ways that cause us to feel devalued by significant people in our lives. Therefore the true solution to low self-worth is to apply the healing balm of truth to the wound in your soul in order that your mind will be transformed and your life changed. If you look anywhere other than to God the God who created you with a purpose and a plan your view of your own value is in grave danger of being distorted. Before you were ever born, God established your real worth by knowing you, by choosing you, and ultimately by dying for you! In the Characteristics section of Self-Worth, June Hunt defines: What low self-worth looks like What can sabotage true spiritual growth The impact of having rejecting parents How rejection from others can rule you Why comparing yourself to others is costly In the section titled, Steps to Solution, June Hunt gives you practical advice on: Getting rid of your guilt How to resist being a prisoner of poor parenting How to have a heart of forgiveness 7 steps to self-acceptance How to answer 7 self-defeating statements And much more Learn to leave behind feelings of worthlessness, and experience your true worth the worth you have in the eyes of your heavenly Father. Look for all 25 of the Hope For The Heart mini-books These books are for men and women who are seeking restoration from circumstances like codependency, anger, conflict, verbal & emotional abuse, and depression. Paperback, 96 pages, 4 x 7 inches.

## Book Information

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## Customer Reviews

After decades of counseling men and women from all walks of life, June knows how to lead readers to truth that liberates because it is truth from God. --Kay Arthur, Co-founder of Precept Ministries International, and author of *When the Hurt Runs Deep-Healing and Hope for Life's Desperate Moments* Those of us who have had to forgive the unforgiveable will find June's materials to be tremendous filled with hope and healing. She speaks from the heart with truth, directly to your broken soul. --Stephen Arterburn, Founder of New Life Ministries and author of *Healing Is a Choice* June Hunt has been addressing the root issue for hurting hearts as long as I have known her. God has given her insightful sensitivity not only to identify human problems, but also to uncover biblical solutions. She has done it for me more than once! All who have hurting hearts or who minister to wounded spirits need to read her resources. --Dr. Dorothy Kelley Patterson, Professor of Theology in Women's Studies, Southwestern Baptist Theological Seminary Those of us who have had to forgive the unforgiveable will find June's materials to be tremendous filled with hope and healing. She speaks from the heart with truth, directly to your broken soul. --Stephen Arterburn, Founder of New Life Ministries and author of *Healing Is a Choice* June Hunt has been addressing the root issue for hurting hearts as long as I have known her. God has given her insightful sensitivity not only to identify human problems, but also to uncover biblical solutions. She has done it for me more than once! All who have hurting hearts or who minister to wounded spirits need to read her resources. --Dr. Dorothy Kelley Patterson, Professor of Theology in Women's Studies, Southwestern Baptist Theological Seminary

June Hunt, M.A. Criswell College, is a biblical counselor whose award-winning radio program "Hope for the Heart" is heard on 900 radio outlets around the world. For more than 25 years, she has counseled people, offering them hope for today's problems. June has helped many people with emotional, relational, and spiritual problems experience God's love through biblical hope and practical advice. Early family pain was the catalyst that shaped June's compassionate heart. Later, as a youth director, she became aware of the need for sound biblical counsel. After years of teaching and research, she developed a scripturally based counseling course covering topics such as marriage and parenting, depression and anger, stress and suicide. These topics are now available as the Aspire Press "Hope for the Heart" booklets. "Hope from the Heart" is a half-hour teaching broadcast on these important topics in more than 60 countries on 6 continents. "Hope in the Night" is June's live two-hour call-in counseling program that helps people untie their tangled problems on air. Through her warmth, wisdom, and gentle candor, June prompts penetrating dialogue with listeners, often with life-changing results. "Hope for the Heart" booklets have been

published in 27 languages in several formats and are being translated into more. June is a popular guest professor at colleges and seminaries and a sought-after speaker at conferences and religious broadcasting events. She teaches and speaks around the world on topics such as crisis counseling, child abuse, wife abuse, forgiveness, singleness, and self-worth.

Internationally known Christian radio icon June Hunt has carefully laid out feelings associated with rejection along with statements and questions by which one can use to evaluate if they are living for the approval of others. The clear signs and symptoms presented will help the reader grasp a better understanding of themselves leading to strategies that will replace wrong beliefs and self talk with positive affirmations. Hunt's years as a Biblical counselor reflects the realities of rejection with the following statement: "One obvious assault that rejection makes on your soul is an altering of your self-perception and the inevitable insecurities that seem to arise out of nowhere when someone painfully turns away from you." These very applicable strategies will include Scriptures to meditate on and ways to combat the negative self talk. As she leads one to reach out toward others with conversation starters, the aim is to experience the positive effects of mutual validation. This excellent booklet will serve well in anyone's library collection as it is a resource that can be referred to over and over and passed on to others. June Hunt has a multitude of Biblically based booklets aiding you in your Christian walk toward restoration, emotional health and spiritual freedom.

**Review of Friendship: Iron Sharpening Iron by June Hunt** There are many books on the topic of friendship, however this is one of the best I have read. It is concise, easy to read, and Biblically sound. I love that the author uses the story of David and Jonathan as an example of "Iron Sharpening Iron" to show what a healthy, loving and sacrificial relationship looks like. As a pastor and counselor, I have seen my share of people who have codependent friendships and the fact that the author covers this topic is a plus. Not only does the author define what a healthy and unhealthy relationship looks like, she also defines the various types of friendships. This is a book that I would highly recommend to those I counsel (for individuals study) as well as those in a small group setting. I love the fact that the author includes a section that gives solutions on "how to do relationship." This book is loaded with plenty of scripture references, memory verses, and prayers to help the reader understand how to have meaningful and God honoring friendships. An excellent read for anyone whether you have healthy relationships or not. An excellent resource for everyone. I have received a free copy of this book in exchange for an honest review.

This is a must read for anyone who still holds onto things of their past from dysfunctional family life. Insightful, opens doors otherwise shut for different reasons and personal choices. Insightful and thought provoking to say the least.

This Rejection" June Hope for the Heart Series" will give me more helpful insight on dealing with very sensitive topic on being feeling rejected by someone or a group.

Very helpful. Could have been a bit deeper. But it makes a good place to start.

I should have bought the entire series!! I appreciate the short format, definitions, and straight forward approach of June Hunt's writing. I also appreciate portions in the book to apply what we have read into our lives.

This little book gives powerful Scriptures to combat the war on the soul for those of us who have been rejected, constantly battle the scars of rejection, or to pray for those who are or have been rejected. Simple and yet powerful.

I cannot say enough good about this author's books. Where the psychologist leaves off, God begins. This author combines counseling and Jesus Christ. Could there be a better combination? ..... Nope

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